



## Challenging Behavior Tip Sheet: Riding the Bus

*Every time we get on the bus my child yells and complains.*

**What you can do:** Remember, "Busy Hands are Happy Hands." Help prevent the yelling and complaining by giving them things to do while on the bus that they enjoy. Provide them with options and let them choose. As the parent, you'll need to do some planning ahead of time. It will be worth it!

- Fill a bag with books, snacks, and toys your child only gets to play with while on the bus. You don't need lots in the bag, just pick out a few things.
- Go to the library and check out a few books that you will only keep in your bus bag. When you get on the bus, give them a choice of 2 books to read. Say something like, "Would you like to read "Going on a Bearhunt" or "The Quiet Cricket" on our way to school today?"
- Keep some healthy snacks in the bag. Sometimes kids are grouchy because they are just hungry! They may be hungry after a long day running errands with you. Some snack ideas are raisins, bananas, pretzels, or goldfish. Also, keep a water bottle in your bag in case they get thirsty.
- Play an "I Spy" game. Ask them to look for a certain type or color of vehicle. Have them look for stop signs, certain types of animals, letters or numbers. Or, pick an object in the car, up ahead close to the road and only tell the color of the object. Say, "I spy something red. What do you think it is?" Then ask your child to guess what it is. Take turns choosing objects.

